

Federal Statistics: Eating and Exercise

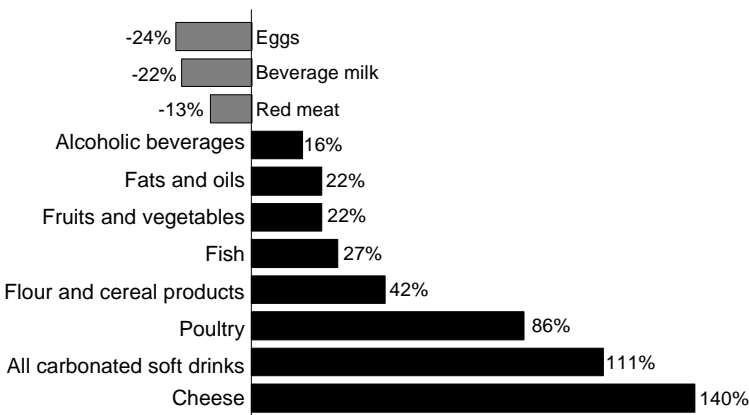
Eating and Exercise

According to the most recent *Dietary Guidelines for Americans*, healthful diets enable people to work productively and feel their best. Healthful diets also can help to reduce the risk of chronic diseases. To obtain a healthful diet, people should choose one with most of the calories from grain products, vegetables, fruits, lowfat milk products, lean meats, fish, poultry, and dry beans. Fewer calories should be chosen from fats and sweets. Physical activity also fosters a healthful diet. A sedentary lifestyle is not healthful. How are Americans doing with regards to diet and exercise?

Americans eating more fruits and vegetables:

Per capita consumption of foods by people has changed over the 1975-95 period. Consumption of fruits and vegetables increased 22 percent. Poultry consumption rose 86 percent. However, consumption of fats and oils grew by 22 percent. Consumption of carbonated soft drinks increased over 100 percent.

Changes in per capita consumption of selected foods, 1970-95

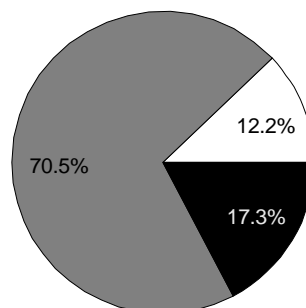


Source: U.S. Department of Agriculture, Economic Research Service, 1997, *Food Consumption, Prices, and Expenditures, 1970-95/SB939*.

Most people, however, have a diet that is poor or needs improvement:

Although people are eating more fruits and vegetables, many have diets that still fall short of the dietary recommendations. The Healthy Eating Index, a summary measure of people's overall diet quality, shows that 88 percent of Americans in 1996 had a diet that was classified as poor or needs improvement.

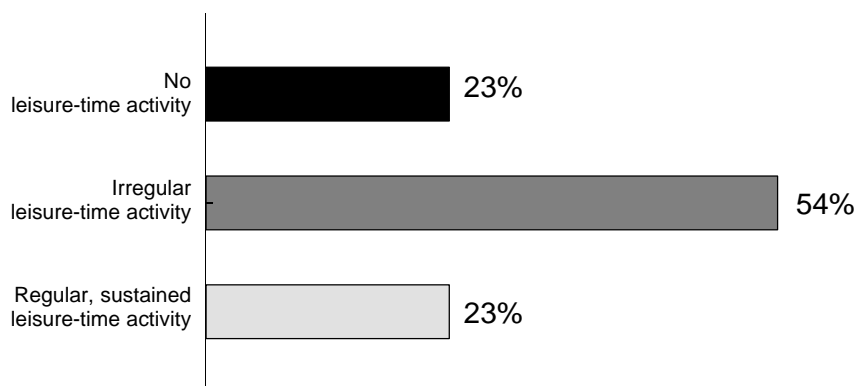
Diet quality of U.S. population as measured by Healthy Eating Index, 1996



□ Diet classified as "Good" (Healthy Eating Index score greater than 80)
 ■ Diet classified as "Needs improvement" (Healthy Eating Index score between 51 and 80)
 ■ Diet classified as "Poor" (Healthy Eating Index score less than 51)

Source: Bowman, S.A., Lino, M., Gerrior, S.A., Basiotis, P.P. 1998. *The Healthy Eating Index: 1995-96*. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. CNPP-5.

Adults participating in physical activity during leisure time, 1995

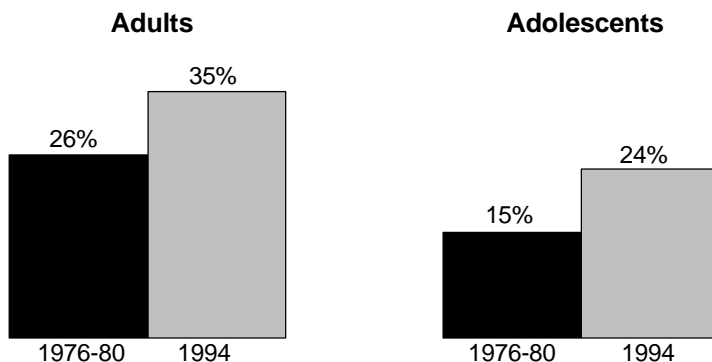


Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. 1998. Physical activity and fitness objective status. Unpublished table.

Physical activity is also low among Americans:

Many Americans do not get enough exercise. In 1995, only 23 percent of adults reported participating in regular, sustained activity during leisure time. Such activity is considered to be any type or intensity of activity that occurs 5 times or more per week and 30 minutes or more per occasion. Another 23 percent of adults reported participating in no activity at all.

Prevalence of being overweight among adults and adolescents, 1976-80 versus 1994



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. 1998. Physical activity and fitness objective status. Unpublished table.

As a result, the prevalence of being overweight has grown:

More adults were overweight in 1994 than during the 1976-80 period. For all adults, 35 percent were overweight in 1994, compared with 26 percent in 1976-80. The prevalence of being overweight also increased among adolescents over this time.